

Playlist 2018 Pt. 4

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Pain, addiction, despair and hopelessness are at epidemic proportions in our world. Pain is a road map to the root system that produces addiction, despair, and hopelessness. So, how does a godly person deal with pain and let it go?

There are 2 devastating ways we respond to pain.

1. We believe the message and lies pain tells us.

The message of lies goes something like this: You deserve this and are powerless to change. You are broken and will always feel this way. No one really understands or loves you. You will always be a prisoner of your pain and past. You will always be rejected and without hope.

We must excise the lies hidden in our pain. Otherwise, pain's lies will become our truth and produce a distorted internal picture.

Job 6:10 (TLB) - This, at least, gives me comfort despite all the pain - that I have not denied the words of the holy God.

We fight the truth because it initially hurts, but ultimately brings freedom. The lies we believe bring harm, which trap us in bondage. A real friend will tell you the truth, wrapped in grace.

Proverbs 27:5 (NLT) - An open rebuke is better than hidden love!

2. We turn to isolation that leads to medication.

Time doesn't heal all wounds. Sometimes it's just the breeding ground for infection. Pain isolated will lead to some form of medication (addiction of all kinds).

To find freedom, we must experience God's grace in human form in the midst of our pain.

Matthew 26:38-40 (TLB) - Then he told them, "My soul is crushed with horror and sadness to the point of death . . . stay here . . . stay awake with me." ³⁹ He went forward a little, and fell face downward on the ground, and prayed, "My Father! If it is possible, let this cup be taken away from me. But I want your will, not mine." ⁴⁰ Then

he returned to the three disciples and found them asleep. "Peter," he called, "couldn't you even stay awake with me one hour?"

In the garden, Jesus was brutally honest with his Father and friends about his struggle. Jesus dealt with the ultimate rejection. He was betrayed by one he loved, denied 3 times by Peter, abandoned by his friends, ignored when in pain in the garden, and crucified alone.

Elijah was a great example of a person being isolated in success and failure. He prophesied that it wouldn't rain for 3 years and it happened. He was fed by ravens during the time of famine. He was fed by a woman with a jar of oil and flour that never ran out during the famine, and he also raised her son from the dead. He faced King Ahab and 850 of his false prophets on Mount Carmel, outrunning their chariots on foot.

However, despite all these great accomplishments in God, when Queen Jezebel proclaimed she was going to kill him within a day, he ran and isolated himself.

I Kings 19:3-5 (NIV) - Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." ⁵ Then he lay down under the tree and fell asleep.

I Kings 19:13-14,18-19 - Then a voice said to him, "What are you doing here, Elijah?" ¹⁴ He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too." ¹⁸ Yet I reserve seven thousand in Israel — all whose knees have not bowed down to Baal and all whose mouths have not kissed him."

You must take 3 next steps in order to be free from your pain:

1. Commit to truth in times of pain (know god)
2. Commit to authentic relationships (find freedom)
3. Serve others in your time of need (discover purpose & make an impact)